

## ABSTRAK

### LATIHAN JASMANI PENDERITA DIABETES MELITUS PADA MASA PANDEMI COVID-19

**Pendahuluan:** Masa Pandemi Covid-19 saat ini, kebijakan *sosial distancing* mempengaruhi pola hidup masyarakat termasuk menurunnya latihan jasmani, jika latihan jasmani menurun maka terjadi peningkatan kadar gula. Tujuan penelitian ini mengidentifikasi mengenai bagaimana latihan jasmani terhadap penderita Diabetes Melitus masa pandemi Covid-19 sebagaimana yang menjelaskan tentang jenis, frekuensi, intensitas, durasi, dan kadar gula darah latihan jasmani penderita Diabetes Melitus masa pandemi Covid-19.

**Metode:** Karya Tulis Ilmiah ini menggunakan metode *Literature Review* dengan mengidentifikasi dan menganalisis literatur yang relevan. Jurnal yang digunakan terindeks Scopus dan Sinta dengan jumlah 12 jurnal pada tahun 2020. Analisa yang digunakan dalam studi literatur ini menggunakan desain *Cross sectional study*, *Quasi-experimental study*, *Observasional study*.

**Hasil dan analisis:** Berdasarkan 12 jurnal yang diperoleh dapat mengontrol kadar gula darah menggunakan latihan intensitas jasmani tingkat ringan seperti melakukan berjalan, tingkat sedang seperti melakukan yoga, berenang, bulu tangkis, sepak bola, senam, tingkat tinggi seperti bersepeda, lari, lompat tali dan *gym* yang dilakukan selama 3 kali dalam 1 minggu dengan waktu rata-rata minimal 30-60 menit setiap latihan.

**Kesimpulan:** Penderita Diabetes Melitus selama masa pandemi dapat melakukan semua latihan jasmani untuk mengontrol kadar gula darah menggunakan tingkat ringan hingga tinggi seperti jenis latihan jasmani berjalan, Yoga, senam, *gym*, bersepeda, jalan cepat, lari, lompat tali, sepak bola dengan waktu 3 kali dalam 1 minggu dengan waktu minimal 30 menit/latihan.

**Kata Kunci:** Latihan Jasmani, Diabetes Melitus, COVID-19

**ABSTRACT**  
**PHYSICAL EXERCISE IN PATIENTS WITH DIABETES MELLITUS**  
**DURING THE COVID-19 PANDEMIC**

**Introduction:** During the current Covid-19 Pandemic, policies social distancing affect people's lifestyle including decreased physical exercise, if physical exercise decreases, there is an increase in sugar levels. The aim to this study is identify how physical exercise is in patients with Diabetes Mellitus during the Covid-19 pandemic as it explains the type, frequency, intensity, duration, and blood sugar levels on physical exercise in patients with Diabetes Mellitus During the Covid-19 Pandemic.

**Method:** This scientific paper uses the Literature Review method by identifying and analyzing relevant literature. The journals used are indexed by Scopus and Sinta with a total of 12 journals in 2020. The analysis used in this literature study use a cross-sectional study design, quasi-experimental study, and observational study.

**Results and analysis:** Based on the 12 journals obtained can control blood sugar levels using light physical intensity exercises such as walking, moderate levels such as doing yoga, swimming, badminton, football, gymnastics, high levels such as cycling, running, jumping rope and gym which is along as 3 times a week with an average time of at least 30-60 minutes every exercise.

**Conclusion:** Patients with diabetes mellitus during a pandemic can do all the physical exercise to control blood sugar levels using a mild level to high as the type of physical exercise, walking, yoga, gymnastics, gym, cycling, brisk walking, running, skipping, football with a time of 3 times a week with a minimum of 30 minutes / exercise.

**Keywords:** Physical Exercise, Diabetes Mellitus, COVID-19

